

3/24/24 03:14PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
is) 9737795437 Pg 1/25

psychiatric care associates, Wei Wang, MD

Phone: 2014084487
Fax: 8003523015

220338

Fax

To: David Ercolano (2 faxes)

From: Wei Wang

Fax: 9737795437

Pages: 25

Re: Medical Records for LC

Date: September 24, 2024

Medical Records for Lauren Carminucci

Diagnosis and medication list DOS: 8/8/24, 8/15/24, 8/29/24, 8/30/24, 9/01/24, 9/07/24, 9/16/24

03/24/24 03:14PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
is) 9737795437 Pg 2/25

PATIENT		FACILITY	
Lauren Cigna Carminucci		Psychiatric Care Associates	
DOB	07/19/1989	T	(201) 408 4487
AGE	35 yrs	F	(800) 352-3015
SEX	Female		35 W. Hudson Avenue
PRN	CL355535		Englewood, NJ 07631

Diagnoses

Current	ACUITY	START	STOP
(F41.1) Generalized anxiety disorder	Chronic		
(F43.10) Post-traumatic stress disorder, unspecified	Chronic		
Historical	ACUITY	START	STOP
(F32.9) Major depressive disorder, single episode, unspecified	Chronic		08/29/2024

03/24/24 03:14PM EDT

3

8003523015

117

psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f2
s) 9737795437 Pg 3/25

PATIENT	FACILITY
Lauren Cigna Carminucci	Psychiatric Care Associates
DOB 07/19/1989	T (201) 408-4487
AGE 35 yrs	F (800) 352-3015
SEX Female	35 W. Hudson Avenue
PRN CL355535	Englewood, NJ 07631

Medications

Active	SIG	START/STOP	ASSOCIATED DX
Cariprazine HCl (Vraylar) 1.5 MG Oral Capsule	Take 1 capsule by mouth daily	08/29/24 -	-
Clonazepam (clonazepam) 0.125 MG Oral Tablet Disintegrating	1 tablet at night po qhs	08/08/24 -	-
Quetiapine Fumarate (SEROquel) 100 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	09/07/24 -	-
Topiramate (Topamax) 25 MG Oral Tablet	take 1 tablet by mouth at night everyday	09/23/24 -	-
Historical	SIG	START/STOP	ASSOCIATED DX
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	08/07/24 - 08/29/24	-
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 2 tablets by mouth 2 times per day	08/28/24 - 09/07/24	-
Sertraline HCl 100 MG Oral Tablet	1.5 tabs QAM PO	08/07/24 - 08/29/24	-
Sertraline HCl 50 MG Oral Tablet		- 08/08/24	-

03 43 11 p.m 09 24 2024 4 8003523015

118

3/24/24 03:14PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
is) 9737795437 Pg 4/25

ENCOUNTER
Office Visit
NOTE TYPE
SEEN BY
DATE
AGE AT DOS
Not signed

SOAP Note
Wei Wang M D M.D
08/08/2024
35 yrs

FACILITY
Psychiatric Care Associates
T (201) 408-4487
F (800) 352-3015
35 W. Hudson Avenue
Englewood, NJ 07631

PATIENT
Lauren Carminucci
DOB 07/19/1989
AGE 35 yrs
SEX Female
RN CL355535

Chief complaint
ppt time: 8/8/2024 12:00:00 PM) (Arrival time: 2:27 PM) Meaningful Use, MC
is a stay-at-home mom.

Patient identifying details and demographics

FIRST NAME	Lauren	SEX	Female	RACE	
MIDDLE NAME		DATE OF BIRTH	07/19/1989	ETHNICITY	
LAST NAME	Carminucci	DATE OF DEATH		PREF. LANGUAGE	
SSN		PRN	CL355535	STATUS	Active patient
CONTACT INFORMATION					
ADDRESS LINE 1	300 Coles St.	CONTACT BY			
ADDRESS LINE 2	Apt# 1909	EMAIL	LaurenAcarminucci@gmail		
CITY	Jersey City	HOME PHONE			
STATE	NJ	MOBILE PHONE	(973) 896-6627		
ZIP CODE	07310	OFFICE PHONE			
		OFFICE EXTENSION			

FAMILY INFORMATION		PATIENT'S MOTHER'S MAIDEN NAME
NEXT OF KIN	Arthur Carminucci	
RELATION TO PATIENT	Spouse	
PHONE	(862) 452-6364	
ADDRESS		
PATIENT NOTES		
Husband: Arthur (862) 452-6364		

03/16/24 09:24:24

1

8003513315

119

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
35) 9737795437 Pg 1/25**Vitals for this encounter**08/07/24
2:30 PM

Height

65 in

Weight

108 lb

BMI

17.97

DiagnosesWas diagnosis reconciliation completed?
yes, reconciliation performed

Current

ACUTY

START

STOP

F41.1) Generalized anxiety disorder

Chronic

F43.10) Post-traumatic stress disorder, unspecified

Chronic

Historical

ACUTY

START

STOP

F32.9) Major depressive disorder, single episode, unspecified

Chronic

08/29/2024

Drug AllergiesWas medication allergy reconciliation completed?
yes, reconciliation performed

Active

SEVERITY/REACTIONS

ONSET

Patient has no known drug allergies

Food Allergies

Active

SEVERITY/REACTIONS

ONSET

No food allergies recorded

Environmental Allergies

Active

SEVERITY/REACTIONS

ONSET

No environmental allergies recorded

03:16:43 p.m. 09-24-2024

2

8003523015

120

8/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
is) 9/37795437 Pg 2/25

Medications

Was medication reconciliation completed?
yes, reconciliation performed

Active	SIG	START/STOP	ASSOCIATED DX
Cariprazine HCl (Vraylar) 1.5 MG Oral Capsule	Take 1 capsule by mouth daily	08/29/24 -	-
<ul style="list-style-type: none"> EScript (verified): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 capsule by mouth daily Refills: 2 Quantity: 30 EScript (cancellation requested): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 capsule by mouth daily Refills: 2 Quantity: 30 			
Clonazepam (clonazepam) 0.125 MG Oral Tablet	1 tablet at night po qhs	08/08/24 -	-
Disintegrating			
<ul style="list-style-type: none"> EScript (verified): 09/07/24 Prescriber: Wei Wang M D M.D SIG: 1 tablet at night po qhs Refills: 0 Quantity: 30 EScript (verified): 08/08/24 Prescriber: Wei Wang M D M.D SIG: 1 tablet at night po qhs Refills: 0 Quantity: 30 			
Quetiapine Fumarate (SEROquel) 100 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	09/07/24 -	-
<ul style="list-style-type: none"> EScript (verified): 09/07/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30 EScript (verified): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30 			
Historical	SIG	START/STOP	ASSOCIATED DX
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	08/07/24 - 08/29/24	-
<ul style="list-style-type: none"> Script (recorded): 08/15/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 60 EScript (refill request): 08/08/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30 			
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 2 tablets by mouth 2 times per day	08/28/24 - 09/07/24	-
<ul style="list-style-type: none"> EScript (cancellation denied): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 2 tablets by mouth 2 times per day Refills: 0 Quantity: 120 			
Sertraline HCl 100 MG Oral Tablet	1.5 tabs QAM PO	08/07/24 - 08/29/24	-
<ul style="list-style-type: none"> EScript (cancellation requested): 08/15/24 Prescriber: Wei Wang M D M.D SIG: 1.5 tabs QAM PO Refills: 0 Quantity: 45 EScript (verified): 08/08/24 Prescriber: Wei Wang M D M.D SIG: Take half of a tablet by mouth daily in the morning Refills: 0 Quantity: 30 			
Sertraline HCl 50 MG Oral Tablet		08/08/24	-

Past medical history**SOCIAL HISTORY**

patient feels anxious with PTSD.

03/15/24 03:17 PM 09/24/2024

3

8003523015

121

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
15) 9737795437 Pg 3/25**Family health history****DIAGNOSIS**

No Family health history recorded

FAMILY HEALTH HISTORY (FREE TEXT)No family health history (free text)
available for this patient.

ONSET DATE

Objective**Comprehensive Mental Status**

Appearance: adequately dressed and adequately groomed. pleasant and cooperative.

AAO x 3

Mood or Affect: (Sad, Depressed/Expansive/Labile/Happy/ Anxious) vitamin d3, 2500, multi vitamin

Speech: (/Soft/Loud/Pressured/Irregular/Regular)

Thought process: (Tangential, Circumstantial, Flight of Ideas, Looseness of Association)doing well.

Psychomotor Activity: Hyper/Agitated/Restless/Slow/Retardation) picking on her feet

Delusions (Yes or No)

Hallucinations (Yes or No)

Paranoia (Yes or No)

Insight/judgment to mental illness or addiction: (Limited//Impaired/Fair)

Motivation to Change (Yes or No)

Suicidal ideation (Yes or No)

Intend (Yes or No) Plan (Yes or No)

Homicidal ideation (Yes or No)

Intend (Yes or No) Plan (Yes or No).

Memory (short term and long term) (slightly or remarkably impaired or Intact)

Abstract Thinking (concrete, not psychologically minded, age-appropriate)

Assessment

Please keep one copy in your wallet.

Please print out this in your study or bathroom, or kitchen

Dr. Wang's regimen for vitamins is: (1/2 the doses for children)-

1. Advise B complex if the vascular disease in the family or self An additional B12 500mg daily to prevent stroke, improve memory and enhance soft tissue healing.

2. Vitamin D3 2000-5000 IUs until serum level reaches 50-70. (No familial history or personal history of kidney stones). Boost up the immune system, and prevent cancer,

3. specially breast cancer. For women above the age of 30 years and with no personal and family history of kidney stones, the USFDA recommendation for Calcium is 500mg-1200mg. For men, please ask your primary care doctor for the recommended dosage for you.

3. Multivitamin daily (anti-cancerous)

1. Vitamin C when somebody is sick in the family or a patient is sick due to a virus infection. 3000-5000 daily for one week. Maintenance Vitamin C is optional(1000mg)

03 16 43 p m 09 24 2024

4

8003523015

122

4/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
 15) 9737795437 Pg 4/25

5. Methylfolate 7.5mg for patients with depression; you can buy a stockpile bottle from Amazon. After three months can increase to 15mg. (helpful in preventing stroke and depression)

6. Dr. Wang also recommends brisk walking outdoors, 2-3x /week, 10-15 minutes. Alone without a dog or another person. Dr. Oz recommends 20 mins strength training every week.

7. As well as Internal Family Systems therapy, by Dr. Richard Schwartz, to work on the parts, to help find and identify different elements and listen to their stories(1). parts work is a definitive guide to your inner self; (2). textbook: Internal family system therapy by Dr. Richard Schwartz). (3.) Audiobook: Body keeps the scorebook by Bessel van der Kolk. e., these are why acupuncture, acupressure massage, or massage, chiropractor, yoga, tai chi, qigong, dancing, singing, theater, martial arts, especially Aikido (Dr. W's favorite); he marathon is excellent also or running long distances.

8. Highly encourage patient MOE: conscious outdoor experience, local Audubon society or botanical garden, local yoga center, or local indigenous such as a local museum for a walk (not hiking). Yoga is an outdoor practice; it started outdoors in the forest, including a few postures, tree posts, cobra posts, etc.

9. In terms of coping skills:

- 1). Breathing techniques are encouraged;
- 2). Distracting with music, fun activities, and tapping technique(please reference Youtube)
- 3). Problems-focused stress relief technique; Affirming pt's positive attributes two or three times a day, even once (download any positive affirmation or gratitude app)
- 4). Continuously working on meditation techniques, especially the IFS system, Yoga, Tai chi, tapping technique, and acupuncture
- 5). Healthy exercise routine;
- 6). Avoid destructive relationships;
- 7). Build some positive relationship(s) gradually
- 8). Build better self-esteem. In the 1970s-1980s, every celebrity had a big house with a swimming pool. Then in the 1980s-1990s, every celebrity had a meditation room. But now the bragging among celebrities is that they have their acupuncturist

Plan

Treatment plan(s):

Supportive Therapy (Yes)

Psychopharmacology (Yes)

Psycho-education on Mental Illness or (and) Addiction Benefit/Risks of Psychotropics (Yes)

Orders

LAB ORDERS

No orders attached to this encounter.

IMAGING ORDERS

No orders attached to this encounter.

Screenings/ Interventions/ Assessments

CATEGORY	NAME	STATUS
Intervention	Case management follow up (procedure)	Performed
Procedure	Anxiety disorder medication review	Ordered
Intervention	Depression management program (regime/therapy)	Performed

03/16/43 p.m. 09/24/2024

8003523015

123

8/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
is) 9737795437 Pg 5/25

procedure	Sleep disorder care management	Ordered
intervention	Weight control education (procedure)	Performed
intervention	Diet education (procedure)	Performed
Observations		
CATEGORY	NAME	DATE
Functional status	Able to get in and out of a chair	08/08/2024
Cognitive status	Able to comprehend speech	08/08/2024
Cognitive status	Able to comprehend language	08/08/2024
Cognitive status	Able to analyze information	08/08/2024
Quality of care		
Was diagnosis reconciliation completed? yes, reconciliation performed		
Was medication allergy reconciliation completed? yes, reconciliation performed		
Was medication reconciliation completed? yes, reconciliation performed		
Summary of Care record requested and unavailable		
Documentation of current medications		
Transfer of Care - incoming		
Patient Decision Aids / Education Materials Given		
Care plan		

Care Plan:

1. Return to clinic on Thursday, August 15, 2024 at 12:00 pm
 2. Sertraline raised to 100 mg in the morning.
 3. Added Quetiapine (Seroquel) 25 mg at night
- Please follow these directions.

Quetiapine) 25 mg. Begin with ¼ tablet (use a pill cutter to start). If not sleeping a straight 8hrs, go up to ½ tablet the next night. If still not sleeping straight 8hrs, then go up to ¾ tablet, then a 1 whole tablet. Then 1 ½ tablet, then keep going up until 8 hours of sleep is reached. (Highest dose can be 300mg.) If it is too sedating, patient can crush it starting at a pinch or two pinches at a time. No electronics after taking.

1. Hold of on Hydroxyzine 25 mg, do not take for now.

2. Clonazepam disintegrating tablets .125 mg at night.

3. Genetic Test sent to patient she will do and send back.

7. Send us an email tomorrow or Saturday if any side effects if patient is sleeping better. Tell us the dosage of Seroquel which makes patient sleep a solid 7 to 8 hours at night. If anything we have to increase or decrease the dosage we will let the patient know.

3. Medication:

Seroquel HCl 100 mg tablet, 1 tablet in the morning. Prescription sent 8/8/2024 with a 30 day supply good to 9/7/2024 (Sent to CVS in Target in Jersey City)

Seroquel 25 mg tablet, 1 tablet at night or as directed, Prescription sent 8/8/2024 with a 30 day supply good to 9/7/2024 (Sent to CVS in Target in Jersey City)

Clonazepam 0.125 MG Oral Tablet Disintegrating, 1 tablet at night, Prescription sent 8/8/2024 with a 30 day supply good to 9/7/2024 (Sent to CVS in Target in Jersey City)

Please keep one copy in your wallet.

Please print out this in your study or bathroom, or kitchen

Dr. Wang's regimen for vitamins is: (1/2 the doses for children)-

1. Advise B complex if the vascular disease in the family or self An additional B12 500mg daily to prevent stroke, improve memory and enhance soft tissue healing.

2. Vitamin D3 2000-5000 IUs until serum level reaches 50-70. (No familial history or personal history of kidney stones). Boost up the immune system, and prevent cancer.

3. Specially breast cancer. For women above the age of 30 years and with no personal and family history of kidney stones, the USFDA recommendation for Calcium is 500mg-1200mg. For men, please ask your primary care doctor for the recommended dosage for you.

3. Multivitamin daily (anti-cancerous)

4. Vitamin C when somebody is sick in the family or a patient is sick due to a virus infection. 3000-5000 daily for one week. Maintenance Vitamin C is optional(1000mg)

5. Methyl Folate 7.5mg for patients with depression; you can buy a stockpile bottle from Amazon. After three months can increase to 15mg. (helpful in preventing stroke and depression)

6. Dr. Wang also recommends brisk walking outdoors, 2-3x /week, 10-15 minutes. Alone without a dog or another person. Dr. Oz recommends 20 mins strength training every week.

7. As well as Internal Family Systems therapy, by Dr. Richard Schwartz, to work on the parts, to help find and identify different elements and listen to their stories(1). parts work is a definitive guide to your inner self; (2). textbook: internal family system therapy by Dr. Richard Schwartz). (3.) Audiobook: Body keeps the scorebook by Bessel van der Kolk. e., these are why acupuncture, acupressure massage, or massage, chiropractor, yoga, Taiichi, qigong, dancing, singing, theater, martial arts, especially Aikido (Dr. W's favorite); he marathon is excellent also or running long distances.

8. Highly encourage patient MOE: conscious outdoor experience, local Audubon society or botanical garden, local yoga center, or local indigenous such as a local museum for a walk (not hiking). Yoga is an outdoor practice; it started outdoors in the forest, including a few postures, tree posts, cobra posts, etc.

9. In terms of coping skills:

1). Breathing techniques are encouraged;

2). Distracting with music, fun activities, and tapping technique(please reference YouTube)

3). Problems-focused stress relief technique; Affirming pt.'s positive attributes two or three times a day, even once (download any positive affirmation or gratitude app)

4). Continuously working on meditation techniques, especially the IFS system, Yoga, Taiichi, tapping technique, and acupuncture

5). Healthy exercise routine;

6). Avoid destructive relationships;

7). Build some positive relationship(s) gradually
 3). Build better self-esteem. In the 1970s-1980s, every celebrity had a big house with a swimming pool. Then in the 1980s-1990s, every celebrity had a meditation room. But now the bragging among celebrities is that they have their acupuncturist.

3 breathing techniques are encouraged:

3 distracting with music, fun activities, tapping technique (please reference YouTube)

3 problems focused stress relief technique;

3 affirming pt.'s positive attributes two or three times a day even one (download any positive affirmation or gratitude app)

3 continuously working on the meditation techniques, especially the IFS system, also Yoga, Taiichi, tapping technique and acupuncture

3 healthy exercises routine;

3 avoid destructive relationship;

3 build gradually some positive relationship(s)

3 build better self-esteem



03 16 43 p.m. 09 24 2024

8

8003523015

126

8/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f
s) 9737795437 Pg 8/25

ENCOUNTER
Office Visit
NOTE TYPE
SEEN BY
DATE
AGE AT DOS
Not signed

SOAP Note
Wei Wang M D M.D
08/15/2024
35 yrs

FACILITY
Psychiatric Care Associates
T (201) 408-4487
F (800) 352-3015
35 W. Hudson Avenue
Englewood, NJ 07631

PATIENT
Lauren Carminucci
DOB 07/19/1989
SEX 35 yrs
Female
CL355535

Chief complaint

Appt time: 8/15/2024 12:00:00 PM) (Arrival time: 1:17 PM) Meaningful Use, MC

ill anxious but much more controllable. 5/10 how long would last? half hour gets under control. quetiapine 25mg 3/4 to 1 tab at night;
ill depressed: 5/10 throughout the day. It is still coming and go. It came.

up on sertraline 150mg QAm PO
quetiapine 25mg the whole tab start to increase on Friday night and sat. pt can oversleep without problem.
onazapine disconcert

Patient identifying details and demographics

FIRST NAME	Lauren	SEX	Female	RACE	
MIDDLE NAME		DATE OF BIRTH	07/19/1989	ETHNICITY	
LAST NAME	Carminucci	DATE OF DEATH		PREF. LANGUAGE	
SSN		PRN	CL355535	STATUS	Active patient

CONTACT INFORMATION

ADDRESS LINE 1	300 Coles St.	CONTACT BY	
ADDRESS LINE 2	Apt# 1909	EMAIL	LaurenAcarminucci@gmail
CITY	Jersey City	HOME PHONE	.com
STATE	NJ	MOBILE PHONE	(973) 896-6627
ZIP CODE	07310	OFFICE PHONE	
		OFFICE EXTENSION	

FAMILY INFORMATION

TEXT OF KIN	Arthur Carminucci	PATIENT'S MOTHER'S MAIDEN NAME	
RELATION TO PATIENT	Spouse		
PHONE	(862) 452-6364		
ADDRESS			
PATIENT NOTES			
Husband: Arthur (862) 452-6364			

03/16/24 03:17 PM EDT

9

8003523015

127

03/16/24 03:17 PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
s) 9737795437 Pg 9/25**Vitals for this encounter**08/15/24
1:17 PM

Height

65 in

Weight

108 lb

BMI

17.97

DiagnosesWas diagnosis reconciliation completed?
yes, reconciliation performed

Current

ACUTY

START

STOP

F41.1) Generalized anxiety disorder

Chronic

F43.10) Post-traumatic stress disorder, unspecified

Chronic

Historical

ACUTY

START

STOP

F32.9) Major depressive disorder, single episode, unspecified

Chronic

08/29/2024

Drug AllergiesWas medication allergy reconciliation completed?
yes, reconciliation performed

Active

SEVERITY/REACTIONS

ONSET

Patient has no known drug allergies

Food Allergies

Active

SEVERITY/REACTIONS

ONSET

No food allergies recorded

Environmental Allergies

Active

SEVERITY/REACTIONS

ONSET

No environmental allergies recorded

03/16/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa

128

9/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
9737795437 Pg10/25**Medications**

Was medication reconciliation completed?
(yes, reconciliation performed)

Active	SIG	START/STOP	ASSOCIATED DX
Cariprazine HCl (Vraylar) 1.5 MG Oral Capsule	Take 1 capsule by mouth daily	08/29/24 -	-
<ul style="list-style-type: none"> EScript (verified): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 capsule by mouth daily Refills: 2 Quantity: 30 EScript (cancellation requested): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 capsule by mouth daily Refills: 2 Quantity: 30 			
Clonazepam (clonazepam) 0.125 MG Oral Tablet	1 tablet at night po qhs	08/08/24 -	-
Disintegrating			
<ul style="list-style-type: none"> EScript (verified): 09/07/24 Prescriber: Wei Wang M D M.D SIG: 1 tablet at night po qhs Refills: 0 Quantity: 30 EScript (verified): 08/08/24 Prescriber: Wei Wang M D M.D SIG: 1 tablet at night po qhs Refills: 0 Quantity: 30 			
Quetiapine Fumarate (SEROquel) 100 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	09/07/24 -	-
<ul style="list-style-type: none"> EScript (verified): 09/07/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30 EScript (verified): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30 			
Historical	SIG	START/STOP	ASSOCIATED DX
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	08/07/24 - 08/29/24	-
<ul style="list-style-type: none"> Script (recorded): 08/15/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 60 EScript (refill request): 08/08/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30 			
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 2 tablets by mouth 2 times per day	08/28/24 - 09/07/24	-
<ul style="list-style-type: none"> EScript (cancellation denied): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 2 tablets by mouth 2 times per day Refills: 0 Quantity: 120 			
Jertraline HCl 100 MG Oral Tablet	1.5 tabs QAM PO	08/07/24 - 08/29/24	-
<ul style="list-style-type: none"> EScript (cancellation requested): 08/15/24 Prescriber: Wei Wang M D M.D SIG: 1.5 tabs QAM PO Refills: 0 Quantity: 45 EScript (verified): 08/08/24 Prescriber: Wei Wang M D M.D SIG: Take half of a tablet by mouth daily in the morning Refills: 0 Quantity: 30 			
Jertraline HCl 50 MG Oral Tablet		- 08/08/24	-

Past medical history**SOCIAL HISTORY**

Patient feels anxious with PTSD.

03/16/24 03:17 PM

11

8003523015

129

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f: 8) 9737795437 Pg11/25

Family health history**DIAGNOSIS**

No Family health history recorded

FAMILY HEALTH HISTORY (FREE TEXT)No family health history (free text)
available for this patient.**Objective****Comprehensive Mental Status**

- Appearance: adequate dressed, adequately groomed, pleasant and cooperative.
- AAO x 3
- Mood or Affect: (Sad/much less Depressed/Expansive/Labile/Happy/much less Anxious) able to use various coping skills learned here.
- Speech: (Normal/Soft/Loud/Pressured/Irregular/Regular)
- Thought process: (No Formal Thought Disorder, Tangential, Circumstantial, Flight of Ideas, Looseness of Association)
- Psychomotor Activity: (Normal/Hyper/Agitated/Restless/Slow/Retardation)
- Delusions (Yes or No)
- Hallucinations (Yes or No)
- Paranoia (Yes or No)
- Insight/Judgment to mental illness or addiction: (Limited/Intact/Impaired/Fair)
- Motivation to Change (Yes or No)
- Suicidal ideation (Yes or No)
- Intend (Yes or No) Plan (Yes or No)
- Homicidal ideation (Yes or No)
- Intend (Yes or No) Plan (Yes or No)
- Memory (short term and long term) (slightly or remarkably impaired or intact)
- Abstract Thinking (concrete, not psychologically minded, age-appropriate)

Assessment

Please keep one copy in your wallet.

Please print out this in your study or bathroom, or kitchen

Dr. Wang's regimen for vitamins is: (1/2 the doses for children)-

1. Advise B complex if the vascular disease in the family or self An additional B12 500mg daily to prevent stroke, improve memory and enhance soft tissue healing.
2. Vitamin D3 2000-5000 IUs until serum level reaches 50-70. (No familial history or personal history of kidney stones). Boost up the immune system, and prevent cancer, especially breast cancer. For women above the age of 30 years and with no personal and family history of kidney stones, the USFDA recommendation for Calcium is 500mg-1200mg. For men, please ask your primary care doctor for the recommended dosage for you.
3. Multivitamin daily (anti-cancerous)
4. Vitamin C when somebody is sick in the family or a patient is sick due to a virus infection. 3000-5000 daily for one week. Maintenance Vitamin C is optional(1000mg)

03:16:43 PM 09/24/2024 12 8003523015

130

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
8) 9737795437 Pg12/25

5. Methylfolate 7.5mg for patients with depression; you can buy a stockpile bottle from Amazon. After three months can increase to 15mg. (helpful in preventing stroke and depression)
6. Dr. Wang also recommends brisk walking outdoors, 2-3x /week, 10-15 minutes. Alone without a dog or another person. Dr. Oz recommends 20 mins strength training every week.
7. As well as Internal Family Systems therapy, by Dr. Richard Schwartz, to work on the parts, to help find and identify different elements and listen to their stories(1). parts work as a definitive guide to your inner self; (2). textbook: internal family system therapy by Dr. Richard Schwartz). (3.) Audiobook: Body keeps the scorebook by Bessel van der Kolk. e., these are why acupuncture, acupressure massage, or massage, chiropractor, yoga, taichi, qigong, dancing, singing, theater, martial arts, especially Aikido (Dr. W's favorite); he marathon is excellent also or running long distances.
8. Highly encourage patient MOE: conscious outdoor experience, local Audubon society or botanical garden, local yoga center, or local indigenous such as a local museum for a walk (not hiking). Yoga is an outdoor practice; it started outdoors in the forest, including a few postures, tree posts, cobra posts, etc.
9. In terms of coping skills:
- 1). Breathing techniques are encouraged;
 - 2). Distracting with music, fun activities, and tapping technique(please reference Youtube)
 - 3). Problems-focused stress relief technique; Affirming pt's positive attributes two or three times a day, even once (download any positive affirmation or gratitude app)
 - 4). Continuously working on meditation techniques, especially the IFS system, Yoga, Taichi, tapping technique, and acupuncture
 - 5). Healthy exercise routine;
 - 6). Avoid destructive relationships;
 - 7). Build some positive relationship(s) gradually
 - 8). Build better self-esteem. In the 1970s-1980s, every celebrity had a big house with a swimming pool. Then in the 1980s-1990s, every celebrity had a meditation room. But now the bragging among celebrities is that they have their acupuncturist.

Diagnoses attached to this encounter:

(F32.9) Major depressive disorder, single episode, unspecified

(F41.1) Generalized anxiety disorder

(F43.10) Post-traumatic stress disorder, unspecified

Plan

Treatment plan(s):

Supportive Therapy (Yes)

Psychopharmacology (Yes)

Psycho-education on Mental Illness or (and) Addiction Benefit/Risks of Psychotropics (Yes).

Orders

LAB ORDERS

No orders attached to this encounter.

IMAGING ORDERS

No orders attached to this encounter.

03/16/24 03:17 PM EDT

13

8003523015

131

03/16/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 fa
5) 9737795437 Pg13/25**Screenings/ Interventions/ Assessments**

CATEGORY	NAME	STATUS
intervention	Case management follow up (procedure)	Performed
procedure	Anxiety disorder medication review	Ordered
intervention	Depression management program (regime/therapy)	Performed
procedure	Sleep disorder care management	Ordered
intervention	Weight control education (procedure)	Performed
intervention	Diet education (procedure)	Performed

Observations

CATEGORY	NAME	DATE
Functional status	Able to get in and out of a chair	08/15/2024
Cognitive status	Able to comprehend speech	08/15/2024
Cognitive status	Able to comprehend language	08/15/2024
Cognitive status	Able to analyze information	08/15/2024

Quality of care

Was diagnosis reconciliation completed?
yes, reconciliation performed

Was medication allergy reconciliation completed?
yes, reconciliation performed

Was medication reconciliation completed?
yes, reconciliation performed

Summary of Care record requested and unavailable

Documentation of current medications

Transfer of Care - incoming

Patient Decision Aids / Education Materials Given

Care plan

03:16:43 PM '09-24-2024 15 8003523015

132

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f2
is) 9737795437 Pg15/25

ENCOUNTER
Office Visit
NOTE TYPE
SEEN BY
DATE
AGE AT DOS
Not signed

SOAP Note
Wei Wang M D M.D
08/29/2024
35 yrs

FACILITY
Psychiatric Care Associates
T (201) 408-4487
F (800) 352-3015
35 W. Hudson Avenue
Englewood, NJ 07631

PATIENT
Lauren Carminucci
OB 07/19/1989
SE 35 yrs
EX Female
RN CL355535

Chief complaint

ppt time: 8/29/2024 12:00:00 PM) (Arrival time: 10:03 AM)
meaningful Use GM

Patient identifying details and demographics

FIRST NAME	Lauren	SEX	Female	RACE	-
MIDDLE NAME	.	DATE OF BIRTH	07/19/1989	ETHNICITY	-
LAST NAME	Carminucci	DATE OF DEATH	-	PREF. LANGUAGE	-
SSN	.	PRN	CL355535	STATUS	Active patient

CONTACT INFORMATION

ADDRESS LINE 1	300 Coles St.	CONTACT BY	.
ADDRESS LINE 2	Apt# 1909	EMAIL	LaurenAcarminucci@gmail
CITY	Jersey City	HOME PHONE	.com
STATE	NJ	MOBILE PHONE	(973) 896-6627
ZIP CODE	07310	OFFICE PHONE	.
		OFFICE EXTENSION	.

FAMILY INFORMATION

NEXT OF KIN	Arthur Carminucci	PATIENT'S MOTHER'S MAIDEN NAME	.
RELATION TO PATIENT	Spouse		
PHONE	(862) 452-6364		

ADDRESS

PATIENT NOTES

Husband: Arthur (862) 452-6364

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f2
s) 9737795437 Pg16/25**Vitals for this encounter**08/29/24
10:04 AM

Height

65 in

Weight

108 lb

BMI

17.97

DiagnosesWas diagnosis reconciliation completed?
Yes, reconciliation performed

Current

ACUITY

START

STOP

F41.1) Generalized anxiety disorder

Chronic

F43.10) Post-traumatic stress disorder, unspecified

Chronic

Historical

ACUITY

START

STOP

F32.9) Major depressive disorder, single episode, unspecified

Chronic

08/29/2024

Drug AllergiesWas medication allergy reconciliation completed?
Yes, reconciliation performed

Active

SEVERITY/REACTIONS

ONSET

Patient has no known drug allergies

Food Allergies

Active

SEVERITY/REACTIONS

ONSET

No food allergies recorded

Environmental Allergies

Active

SEVERITY/REACTIONS

ONSET

No environmental allergies recorded

03/16/24 03:17 PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f&g)

134

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f&g) 9737795437 Pg17/25

Medications

Was medication reconciliation completed?
Yes, reconciliation performed

Active	SIG	START/STOP	ASSOCIATED DX
Cariprazine HCl (Vraylar) 1.5 MG Oral Capsule	Take 1 capsule by mouth daily	08/29/24 -	-
• EScript (verified): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 capsule by mouth daily Refills: 2 Quantity: 30			
• EScript (cancellation requested): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 capsule by mouth daily Refills: 2 Quantity: 30			
Clonazepam (clonazepam) 0.125 MG Oral Tablet	1 tablet at night po qhs	08/08/24 -	-
Disintegrating			
• EScript (verified): 09/07/24 Prescriber: Wei Wang M D M.D SIG: 1 tablet at night po qhs Refills: 0 Quantity: 30			
• EScript (verified): 08/08/24 Prescriber: Wei Wang M D M.D SIG: 1 tablet at night po qhs Refills: 0 Quantity: 30			
Quetiapine Fumarate (SEROquel) 100 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	09/07/24 -	-
• EScript (verified): 09/07/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30			
• EScript (verified): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30			
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	SIG	START/STOP	ASSOCIATED DX
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 1 tablet by mouth daily at bedtime	08/07/24 - 08/29/24	-
• Script (recorded): 08/15/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 60			
• EScript (refill request): 08/08/24 Prescriber: Wei Wang M D M.D SIG: Take 1 tablet by mouth daily at bedtime Refills: 0 Quantity: 30			
Quetiapine Fumarate (SEROquel) 25 MG Oral Tablet	Take 2 tablets by mouth 2 times per day	08/28/24 - 09/07/24	-
• EScript (cancellation denied): 08/29/24 Prescriber: Wei Wang M D M.D SIG: Take 2 tablets by mouth 2 times per day Refills: 0 Quantity: 120			
Sertraline HCl 100 MG Oral Tablet	1.5 tabs QAM PO	08/07/24 - 08/29/24	-
• EScript (cancellation requested): 08/15/24 Prescriber: Wei Wang M D M.D SIG: 1.5 tabs QAM PO Refills: 0 Quantity: 45			
• EScript (verified): 08/08/24 Prescriber: Wei Wang M D M.D SIG: Take half of a tablet by mouth daily in the morning Refills: 0 Quantity: 30			
Sertraline HCl 50 MG Oral Tablet		-08/08/24	-

Past medical history**SOCIAL HISTORY**

Patient feels anxious with PTSD.

Family health history**DIAGNOSIS**

No Family health history recorded

FAMILY HEALTH HISTORY (FREE TEXT)No family health history (free text)
available for this patient.

ONSET DATE

Objective**Comprehensive Mental Status**

- Appearance: Adequately dressed. Adequately groomed. Pleasant and cooperative.
- AAO x 3
- Mood or Affect: (Sad/Depressed/Expansive/Labile/Happy/Slightly less Anxious)
- Speech: (Normal/Soft/Loud/Pressured/Irregular/Regular)
- Thought process: (No Formal Thought Disorder, Tangential, Circumstantial, Flight of Ideas, Looseness of Association)
- Psychomotor Activity: (Normal/Hyper/Agitated/Restless/Slow/Retardation)
- Delusions (Yes or No)
- Hallucinations (Yes or No)
- Paranoid (Yes or No)
- Insight/Judgment to mental illness or addiction: (Limited/Intact/Impaired/Fair)
- Motivation to Change (Yes or No)
- Suicidal ideation (Yes or No)
- Intend (Yes or No) Plan (Yes or No)
- Homicidal ideation (Yes or No)
- Intend (Yes or No) Plan (Yes or No).
- Memory (short term and long term) (slightly or remarkably impaired or intact)
- Abstract Thinking (concrete, not psychologically minded, age-appropriate)

Assessment

Please keep one copy in your wallet.

Please print this out to place in your study, bathroom or kitchen

Dr. Wang's regimen for vitamins is: (halve the doses for children)-

- 1. B complex if there is history of vascular disease in the family or self; and an additional B12 500mg daily to prevent stroke, improve memory and enhance soft tissue healing.
- 2. Vitamin D3 2000-5000 IUs until serum level reaches 50-70. (Only if there is no family history or personal history of kidney stones). Vitamin D3 will boost up the immune system and prevent cancer (especially breast cancer). For women above the age of 30 years and with no personal and family history of kidney stones, the USFDA recommendation for Calcium is 500mg-1200mg. For men, please ask your primary care doctor for the recommended dosage for you.

03/16/24 03:17 PM EDT

19

8003523015

136

3/24/24 03:17PM EDT psychiatric care associates, Wei Wang, MD -> David Ercolano (2 f2
 ps) 9737795437 Pg19/25

3. Multivitamin daily (anti-cancerous)
 4. Take Vitamin C when somebody is sick in the family, or if you are sick due to a virus infection. 3000-5000 daily for one week. Maintenance Vitamin C is optional (1000mg).
 5. Methyl-folate 7.5mg for patients with depression; you can buy a stockpile bottle from Amazon. After three months you may increase to 15mg. (Helpful in preventing stroke and depression)
 6. Dr. Wang also recommends brisk walking outdoors, 2-3x /week for 10-15 minutes. Alone, without a dog or another person. Dr. Oz recommends 20 mins of strength training every week.
 7. Dr. Wang recommends the book "Internal Family Systems Therapy" by Dr. Richard Schwartz. As well as "Parts Work: An Illustrated Guide to Your Inner Life" by Tom Holmes. And finally, "The Body Keeps the Score" by Bessel van der Kolk. Other activities that Dr. Wang recommends include acupuncture, acupressure massage, massage, chiropractic treatment, yoga, Tai Chi, Qi Gong, dancing, singing, theater, martial arts (especially Aikido), and long-distance running.
 8. Dr. Wang highly encourages MOE (mindful outdoor experiences). Examples include supporting your local Audubon society or botanical garden, local yoga center, or local museum for a walk. Yoga is also an outdoor practice; it started outdoors in the forest, and includes movements and poses inspired by nature (e.g. tree pose, cobra pose, etc.)
 9. In terms of coping skills:
 - 1) Breathing techniques are encouraged
 - 2) Distracting yourself with music, fun activities, and the "tapping" technique (please reference YouTube)
 - 3) Problems-focused stress relief technique; Affirming pt's positive attributes two or three times a day, or even just once (download any positive affirmation or gratitude app)
 - 4) Continuously working on meditation techniques, especially using the IFS system, Yoga, Tai Chi, "tapping" technique, and/or acupuncture
 - 5) Having a healthy exercise routine
 - 6) Avoiding destructive relationships
 - 7) Gradually building some positive relationship(s)
 - 8) Build better self-esteem. In the 1970s-1980s, every celebrity had a swimming pool. Then in the 1980s-1990s, every celebrity had a meditation room. But now celebrities brag about their acupuncturists and other holistic healing techniques for a healthier and better quality of life.
- Diagnoses attached to this encounter:
- (F32.9) Major depressive disorder, single episode, unspecified
 - (F41.1) Generalized anxiety disorder
 - (F43.10) Post-traumatic stress disorder, unspecified

Plan

Treatment plan(s):

- Supportive Therapy (YES)
- Psychopharmacology (YES)
- Psycho-education on Mental Illness and/or Addiction Benefit/Risks of Psychotropics (Yes)

Orders

AB ORDERS

No orders attached to this encounter.

MAGING ORDERS

No orders attached to this encounter.